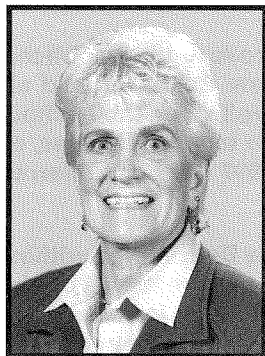


Hammerstrom's

for the people
in the 17th Senate District

Hotline



State Senator

Bev Hammerstrom

State Capitol • Lansing, MI 48913

1-888-477-8238

[www.senate.michigan.gov/
hammerstrom](http://www.senate.michigan.gov/hammerstrom)

January 30, 2006



NATIONAL WEAR RED FOR WOMEN DAY IS FEBRUARY 3RD The American Heart Association is encouraging everyone to wear red on February 3, 2006 in an effort to raise awareness of heart disease. Too few of us realize that heart disease is the No. 1 killer of men, as well as women, in this country. But the good news is that this disease can be prevented. Through diet and exercise, we can reduce the chance of being diagnosed with heart disease. Each time we take the stairs instead of the elevator or choose healthier foods, we lower the risk of a heart attack. Studies show that losing just five pounds could decrease your chance of a heart attack by 41%. I invite you to wear red on February 3 and help us spread the message of "healthy hearts, healthy lives!"

DID YOU KNOW? According to statistics from the Michigan Department of Community Health, 9 out of 10 Michigan adults have one or more of the major risk factors for cardiovascular disease including high blood pressure, high cholesterol, and diabetes. Smoking, being overweight, and not getting enough exercise are also risk factors.

MICHIGAN SENATE COMPLETES "FIRST STEPS FOR '06" In keeping our commitment to make this state a great place to do business, the state Senate recently completed work on the "First Steps for '06," the initial four agenda items announced by House and Senate Republican leaders in the beginning of January. The proposal calls for changes that are critical to making Michigan attractive to new businesses and competitive for job seekers. The "First Steps for '06" proposal includes Senate Bill 957, which reduces taxes for small businesses by lowering the alternative rate they pay on the Single Business Tax. This tax decrease could cut taxes in half for more than 30,000 Michigan job providers. Another step in the proposal is House Bill 5447, which prohibits onerous ergonomic standards for businesses. These are unreasonable standards above and beyond what the federal government and other states are doing, thereby making Michigan a less attractive state in which to do business. Congress overturned such standards at the federal level in 2001 and voters in the state of Washington repealed their state's standards in 2003. The Senate also approved legislation to provide businesses with assistance in dealing with the state Treasury department, a bureaucracy whose size and inefficiency is a common complaint among business owners. The legislation has been sent to the Governor.

SENATE WORKS TO PROVIDE TAX RELIEF FOR TEACHERS Legislation was recently introduced in the Michigan Senate that would provide teachers with tax relief for monies spent on school supplies. Senate Bill 997 would allow teachers to claim a \$100 tax credit on their taxes after they spend a minimum of \$100 on supplies for their school or classroom. Classroom supplies include items such as books for teacher or student use, books on tape, videotapes, computer programs, art supplies, science and lab equipment, tape recorders and headphones. SB 997 has been referred to the Senate Committee on Finance.

TRAVEL TIPS FOR SOUTHEASTERN MICHIGAN If you are planning to travel in or around the Detroit area within the next week, you may wish to allow yourself and your family more time to complete your trip, as many streets will be closed and traffic re-directed. In addition to the Super Bowl, there are other events planned which will cause an increase in traffic congestion in the downtown Detroit area. On-street parking and parking garage availability may also be restricted or reduced. As a result, alternative modes of transportation are recommended when traveling downtown, particularly during February 2-5. For more information in regard to increased traffic in the Detroit area, please visit www.michigan.gov and click on the "Travel and Recreation" icon. You can also contact my office, toll-free, at 1-888-477-8238, for updated information.

If you would like to receive future issues of Hammerstrom's Hotline via e-mail,
please contact me at SenBHammerstrom@senate.michigan.gov